





## Updates from Council Members

By Whitney Jones - Thanks to those of you who attended the Talking Circle last month; you got to hear an updated presentation from the Enrollment Office that gave some historical info, and highlighted current statistics and projects, and described what our tribal enrollment could look like in the future. It was a great informational piece pulled together by the Enrollment Committee which sparked a lot of discussion about the future of our tribe, and everyone agreed that those conversations need to continue and be expanded upon. We know that enrollment isn't a topic that can be hashed out quickly or easily, so we are setting up a few more community meetings specifically about enrollment issues and you are encouraged to attend and give your thoughts.

Council did take steps to modify the moratorium on enrollments last month so children born to a tribal member, who also meet all the other eligibility requirements, can have paperwork submitted to be considered. Check in with Tammy to see if this change affects you or someone in your family. The Council will continue to discuss other potential changes to the moratorium and how that will affect our tribe and its membership in the coming months. It's my goal to keep you as informed and engaged as possible on this topic and on other topics coming up -- that will have a significant impact on our tribe and community. Input from and dialog with the General Body helps guide us to make the most informed and most positive decisions that we can.

I am advocating, along with Vicki, to have additional community meetings, similar to the Talking Circles, more often. Whatever they end up being called, please consider joining us for some of them. The plan is to focus on a particular subject, like we did with enrollment, and announce ahead of time what it will be so you can attend if it interests you. More communication and information sharing can only be better for the unity and greatness of our tribe.

I can't wrap up this month without mentioning one more very important thing... VOTE! When you get your ballot in the mail, fill it out and return it. Your vote is important, valuable, and NEEDED this election more than ever. Obviously the Tribe can't tell you how to vote, but again this year we are sending around a summary of issues and candidates that could have a serious impact on our tribe and the future of our state and the nation. Look for that summary, review the issues, concerns and recommendations and please vote! There is so much at stake for Indian Country and the voting statistic show that Native voters can have a major influence when they get out and vote. If you have questions about the information sheet, candidates, or about voting in general, contact Ray Peters, who is acting as our Native Vote Coordinator.

## Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

- DAVE LOPEMAN: Chairman
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- VICKI KRUGER: Treasurer
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**2016**  
**Chairman's Challenge**  
**Golf Tournament**  
Monday October 3rd  
9am Shotgun

**Call the golf shop to sign up today!**  
**(360) 462-3673**



## Walking On



### Sally Johns

Sally Ann Johns was born on March 16, 1943 in the Seattle projects as the youngest of three to Marian Bagley, along with John Briggs and Lorna Gouin. Before she was a year old, all three were removed from their home, since they had been reported as abandoned. Although this wasn't true - all the courts saw was a single Native woman - and the three children were placed with their paternal grandmother, Blossom Briggs. Sally ended up under the care of Blossom's brother, Raymond Axtell, and his wife, Etta.

After graduating in 1961, Sally ran away to California with her older sister, Lorna. On their way down to Los Angeles, Lorna and Sally were in an accident that made them stop prematurely in San Francisco. They liked it there, and ended up moving in with an old neighbor and her friend. They didn't have a lot of money, so Sally and Lorna would go to cocktail lounges with great buffets and stuff their pockets with food and order one drink, even though they were both under twenty-one. She would go to night clubs and coffee shops and drag shows and still dreamed of being a folk singer.

Sally worked in health clinics and cocktail waitressed until Etta became sick and she returned home. On May 17, 1968, Sally married Wally Norman. From then on, it was a time of ups and downs. In 1969, she found out she was pregnant, but the obstetrician told her that the baby was too small to live, and she had better go to where she could get her life together. She chose her parents, and moved into the same house she had grown up in to have her baby. Her and Wally were done. Sally had her baby girl on April 23, 1970, and Ray named her Rebecca Ray, Becky for short.

In late spring of 1971, Sally and Becky moved

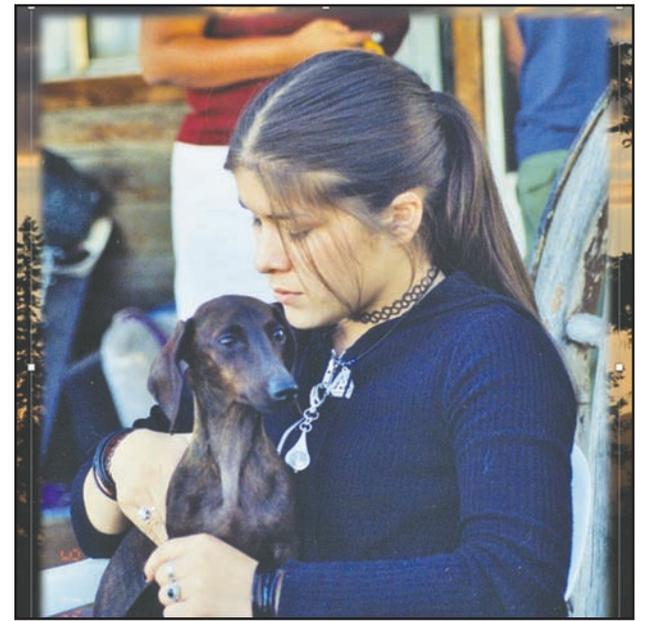


out into an apartment in Lake City. She was going to school at Seattle Central Community College, and it was there that she was introduced to the new Evergreen College in Olympia. She fell in love with it immediately. In September of 1973, Sally and Becky moved down to Olympia and she started attending Evergreen. It was around that time that Sally started reconnecting with her native side of the family.

They had taken a camping trip down the West Coast, and on the way back they stayed with their Aunt Clara on the Taholah Reservation. They taught her about her native roots, and Sally became involved with the Squaxin Island Tribe. In 1974, she quit school and became the assistant for the tribe. She said that really "honed her creative writing skills," as the grants they would deal with for the tribal government had one set of guidelines, but reality had another, and she would try to tie them together. She would also write speeches for leaders of the tribe at a time when everyone was fighting for fishing rights. Through her work, she helped advance education, housing, and fisheries for the Tribe.

At the same time, one of the ways Sally and Becky made a living was through fishing. Sally would take the boat out late in the afternoon with just the two of them and Becky's puppy, Sam. It took two people: one would drive the boat, and the other would let out the net. Becky would have to be the driver at four years old, making sure not to lose course while at the same time making sure that Sally didn't get tangled in the net and fall overboard. Everyone always made sure to keep an eye out for Sally and her little girl. It was through this that she met the love of her life. In 1983, Sally married Richard Johns, and they remained best friends until the end.

In 1993, Sally completed a master's degree in social work from the University of Washington, which she used for mental health and trauma counseling at Evergreen and St. Peter Hospital. Even after her diagnosis of bipolar disorder, forcing her to retire, she still remained true to her passions. She was an active member of the Sundance family and created many beautiful works of art. Over the past few years she had returned to counseling, working at the Northwest Indian Treatment Center. On September 11th, 2016, she passed away after a four month battle with stage 4 metastatic colon cancer. She will always be remembered as a powerful guide in the community and a loving friend and Kaya, and she left this world as she lived in it: full of laughter.



### Lena Krise

Lena Krise left this earth August 5th. Her grandparents were Dave and Lena Krise and Bruce Van Brunt and Freida Waggoner. She was the youngest child of Dave and June Krise. Lena Krise lived on the Squaxin Island Reservation for the first two years of her life and then moved with the family to their family home in Grapeview, WA. Lena is survived by her two brothers, Casey Krise and Tyrone Krise and her three "Sister Cousins" Angie Van Brunt, Reba Van Brunt and Leslie Van Brunt. She is survived by nephews, Elijah Joseph Krise and Julito Valencia, and nieces, Tamika and Keona Krise. Lena was a musician. She played at least 4 instruments, but her favorites were the flute and guitar. Lena played baseball for nine years. Lena graduated from Shelton High School and attended a few quarters in college at the Northwest Indian College in Lummi, Washington. Lena worked at the KTP and Little Creek Casino Resort.

She loved music; she loved to sing, and jam out. Lena loved animals, especially dogs and dogs loved her! Dogs always know good people. Lena Krise was a Daddy's girl. She loved to hunt, fish and work outdoors. Lena participated in the Canoe Journey from its early beginning and she loved to sing and drum. Lena was a very strong spirit and spoke her mind! She truly loved her tribal people and never judged. She was a writer and a poet. She loved the arts.

June and George would like to thank everyone who made the services so beautiful! "We are so grateful for all the hands that helped, all the prayers and uplifting words."





# SUICIDE PREVENTION WALK



Photos by Kimi James

YOU  
MATTER.





## Protect Your Family from Fire, Carbon Monoxide and Other Threats

While life can be complicated, sometimes the simple solutions are the best ones, particularly when it comes to protecting your family from household hazards.

The “Change Your Clock, Change Your Batteries” program espouses that philosophy. For the 29th consecutive year, the campaign led by the Energizer brand and the International Association of Fire Chiefs, has reminded families of the life-saving habit of changing and testing the batteries in smoke alarms and carbon monoxide detectors when most of the country sets their clocks back at the end of daylight saving time. This year, that is Nov. 6.

A whopping 50 percent of home smoke alarms and carbon monoxide detectors have non-working batteries, according to the National Fire Protection Association.

“A home that contains smoke alarms and carbon monoxide detectors is only safer if these devices actually work,” says Michelle Atkinson, chief consumer officer, Energizer. “Testing your devices and updating their batteries are simple and critical steps to keeping your family comfortable and secure.”

Atkinson also points out that these days; many families rely on more than these traditional safety devices to protect their family and home. Investigate new smart devices and apps offering security and peace-of-mind, such as lights, locks and security systems that are connected to the Internet and your smartphone.

“Smart connected home technologies are keeping families safer, when operational,” says Atkinson. “Remember, these tools, along with flashlights and other home safety devices require reliable battery power as well.”

Take this opportunity to update batteries in all your devices that enhance home security and comfort.

Safety advocates say preparing your family is crucial. Make sure everyone, especially children, knows what your alarms and detectors sound like and what to do if they go off.

A critical yet simple safety practice is to keep flashlights with fresh batteries at your bedside for help in finding your way out of your house and signaling for help in the event of a fire or other emergency.

Also, keep a stash of high-quality 9V, C, D and AA batteries to power vital safety devices whenever necessary. For long-term protection, opt for batteries designed to prevent damaging leaks, like Energizer Max and Ultimate Lithium batteries.

More safety tips and resources can be found at [energizer.com/homesafety](http://energizer.com/homesafety).

Changing your clocks? Energizer reminds you to change your batteries, too. It’s easy, it’s simple, and it might just save a life.

**The Longhouse Annual  
Holiday Native Arts Fair**  
Featuring the work of dozens of Native artists!  
Friday & Saturday, Dec. 9<sup>th</sup> & 10<sup>th</sup>, 2016  
11am - 5pm  
at The Evergreen State College Longhouse  
2700 Evergreen Parkway NW, Olympia, WA 98505  
For more information, or to reserve a \$75 vendor booth,  
contact Laura Grabhorn: [grabhorl@evergreen.edu](mailto:grabhorl@evergreen.edu) (360) 867-6413

**November 25th, 26th 9am - 9pm  
November 27th 9am - 6pm**

**1st Annual  
Christmas  
Market**

Save The Date!

Holiday Gifts • Food • Entertainment

Jewelry • Woodwork • Native Goods • Pictures with Santa  
Best Decorated Booth Award • Commemorative gift for first year  
And much more!

**LITTLE CREEK CASINO RESORT**  
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# SALISH CLIFFS | TLC



Chris Koch, PGA - This summer Salish Cliffs Golf Club's PGA Professionals made it their goal to get tribal youth involved in the game of golf. Professionals, Rick Denholm, Brad Elzie and Chris Koch taught over 150 junior golfers through their involvement in Squaxin's spring break and summer youth programs. Rick, Brad and Chris used SNAG Golf equipment at the Rec Center to introduce the game and some basic swing fundamentals. SNAG uses oversized clubs, colorful tennis balls and Velcro targets that makes golf fun and interesting for all ages. In addition to the youth programs, Salish Cliffs also hosted a Tribal youth clinic led by Native American Professional golfer Alex Schulte of the Northern Ute Tribe.

Golf can open a lot of doors for juniors as they grow up and we would love to see more of the Tribe's youth take advantage and let our PGA Professional staff help get them to those doors.





## Teen Center / CHUM Project

Laurel Wolff - The Chum Project partnered with Behavioral Health staff and DBHR Prevention and Wellness to put on a mini-retreat for the Squaxin teens at Great Wolf Lodge. On September 16-17th, 28 youth participated in the two-day event. The first day, youth participated in workshops lead by Behavioral Health counselors where they identified values that are important to them and talked about how living by those values can help them be happy in life. In another workshop teens discussed questions about relationships and what some red flags may be.

Day two of the retreat focused on self-care. Elizabeth Egan taught yoga in the morning and talked about stress relieving teas and herbal steams. Everyone was able to silk screen their own shirt with the DBHR logo designed by Taylor Krise. We finished off the weekend by going on the ropes course. The retreat was a lot of fun and everyone did a great job being engaged. Thanks to all the chaperones and people who helped make the retreat a possibility.



Remember to check out Youth Council on Thursdays 5:00 - 6:00 p.m. Everyone is welcome to participate; come realize your potential. Real Talk will happen again this month on October 25th. Real Talk is an opportunity to ask anonymous questions of Behavioral Health staff in a supportive environment. Ever wondered how to talk to your friend about being worried for them? Or how to talk to your parents about not feeling listened to? Or how to know if you are in a loving relationship? Come to Real Talk!



## Afterschool Program

Jerilynn Vail - As we start up the afterschool program for a new school year, we'd like to remind everyone of a few things. Besides our monthly calendar in the Klah Che Min, we have extra copies of our calendars available for families. Stop by and pick up a copy if you'd like. Snacks are offered right after school, and a light meal is available from 4:00 - 4:45. We have assigned each youth a cubby for temporarily storing their backpacks, school books, etc., while at the afterschool program. If your youth has forgotten their cubby number, we have a list hanging up in the Rec Room. Our Rec Room phone is being replaced, so if you are trying to reach your child please contact me at 432-3992, or call Jaimie at 432-3958. Lastly, the elementary age Inter-Tribal League Basketball games will begin in November.

## Higher Education

Mandy Valley - I hope everyone is off to a great start for the new college year. Please remember if you add or drop classes please notify me with the changes. It is important that your Higher Education file with the Tribe stays up to date during the school year. Also, if something in your file changes (e.g. address, phone number, or email address) it is your responsibility to notify me. You could miss important information if I don't have the correct information to reach out to you. As always if you have questions or concerns about higher education, or your tribal scholarship - please don't hesitate to stop in, email me at [mvalley@squaxin.us](mailto:mvalley@squaxin.us), or call me at (360) 432-3882.



### Tutor News

Julie Martinez - Ninth grade seems like it is still just Junior High and people keep telling you that your grades “count” but where is the proof? How can grades make that big of a difference when the halls, walls and teachers are still the same as eight grade? Fast forward to your junior year in high school and you are preparing to figure out the big picture. You have decided that you want to attend a university and are looking at course catalogues and offerings. This is where your GPA comes in and counts big time.

If you don't have a 2.0 or greater GPA you cannot attend a four-year university without attending community college first - even if you are a basketball phenom who has been scouted by the UW and a scholarship was yours for the taking. By the time you are in your junior year your ability to make a positive impact on your GPA is extremely difficult. Your grades in freshman and sophomore year are very, very important.

Not everyone needs to attend a University right out of college to be successful, but doesn't it make sense to have every option open to you as you decide which direction you want to head? Whatever path you decide to take after graduation is going to be easier if you have learned how to work hard, and held yourself to high standards. So don't short change the importance of 9th grade. Attendance is important,

grades are important, effort is important. The more effort you put out in 9th grade the smoother sailing you have ahead of you for the rest of your high school career. There are people who can help you if you feel frustrated or overwhelmed. Seek out the tribal tutors, utilize the afterschool homework help at the Tu Ha' Buts Learning Center, talk with your teachers; there are a lot of people who want to help.

Here's another way to think about the possibilities. The chart on the following page shows the average high school GPA's for those applicants that were accepted to several Washington colleges . . .



# October

## C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Craft Day</b> 3:30-6:00	4 <b>Basketball Practice</b> 3:30-4:30 <b>Beading</b> 3:30-5:00	5 <b>Squaxin Vs. Skokomish</b> <b>Away Game at 6:00</b> <b>Van leaves at 5:00</b>	6 <b>Basketball Practice</b> 3:30-4:30 <b>Youth Council</b> 5:00-6:00	7 <b>Teen Center Closed</b>
10 <b>Craft Day</b> 3:30-6:00	11 <b>Basketball Practice</b> 3:30-4:30 <b>Beading</b> 3:30-5:00	12 <b>Squaxin Vs. Suquamish</b> <b>Home Game 6:00</b>	13 <b>Basketball Practice</b> 4:00-5:00 <b>Teen Chef</b> 3:30-5:00 <b>Youth Council</b> 5:00-6:00	14 <b>Early Release</b> <b>Game day</b>
17 <b>Craft Day</b> 3:30-6:00	18 <b>Basketball Practice</b> 3:30-4:30 <b>Beading</b> 3:30-5:00	19 <b>No Basketball Game</b> <b>BYE</b>	20 <b>Basketball Practice</b> 3:30-4:30 <b>Teen Chef</b> 3:30-5:00 <b>Youth Council</b> 5:00-6:00	21 <b>Movie Night</b> <b>4-6pm</b>
24 <b>Craft Day</b> 3:30-6:00	25 <b>Basketball Practice</b> 3:30-4:30 <b>REAL TALK</b> 3:30-5:00 @ BHC	26 <b>Squaxin Vs. Nisqually</b> <b>Home Game 6:00</b>	27 <b>Basketball Practice</b> 3:30-4:30 <b>Teen Chef</b> 3:30-5:00 <b>Youth Council</b> 5:00-6:00	28 <b>Early Release</b> <b>Halloween Party</b>
31 <b>Craft Day</b> 3:30-6:00				



School	Average GPA
Central Washington University	3.4
Eastern Washington University	3.24
The Evergreen State College	3.11
University of Washington Seattle	3.76
University of Washington Tacoma	3.23
Washington State University	3.3
Western Washington University	3.42

This year three universities have adopted an automatic acceptance to students with certain GPAs. If you have a 3.4 GPA you are automatically accepted to Central Washington or Washington State Universities. If you have a 3.3 GPA Eastern Washington University will automatically accept you as an incoming student. Wouldn't it be wonderful to not have to worry and wonder if you'll get accepted?

## GED Prep and Homework Support

Jamie Burris - School is starting back up. Do you need help with reading, writing, or math? Want help understanding your homework? I am here to help you with all of these needs! I am in the upstairs classroom in the education building Tuesday, Wednesday and Thursdays from 4:00 - 7:00 p.m.

Do you want to get your GED? How about help understanding what is on the GED test? Come up to the education building and begin your path of earning your GED. Come in to find out about the GED program, how to earn a GED and how I can help you on this journey. For more information, please contact me at [jburriss@mcclary.wednet.edu](mailto:jburriss@mcclary.wednet.edu) or go online at [www.ged.com](http://www.ged.com).



## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:30-6pm Jr/HS Bball: 3:30-4:30pm	5 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm 4:30-5:30pm Open Gym: 3-6pm ITL Game: Away Game Open Swim: 3-6pm	6 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 4:30-6pm Jr/HS Bball: 3:30-4:30pm	7 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-6pm Open Swim: 5-8pm
10 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	11 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:30-6pm Jr/HS Bball: 3:30-4:30pm	12 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: WaHeLut Open Swim: 3-6pm	13 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm Jr/HS Bball: 3:30-4:30pm	14 <i>SSD-1.5 ER</i> Rec Rm: 2:30-6pm 5 <sup>th</sup> Annual Chili Cook-off Open Gym: 2:30-6pm Open Swim: 5-8pm
17 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	18 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:30-6pm Jr/HS Bball: 3:30-4:30pm	19 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: Bye Week Open Swim: 3-6pm	20 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm Jr/HS Bball: 3:30-4:30pm	21 Rec Rm: 3-6pm Movie Night 5:30-7pm Open Gym: 3-6pm Open Swim: 5-8pm
24 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	25 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:30-6pm Jr/HS Bball: 3:30-4:30pm	26 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: Skokomish Open Swim: 3-6pm	27 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm Jr/HS Bball: 3:30-4:30pm	28 <b>Closed for Halloween Party</b> Open Swim: 5-8pm
31 <i>SSD-No School</i> Rec Rm: 10-6pm Bully Prevention: 5-6pm Open Gym: 10-6pm Open Swim: 3-6pm				
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	<i>I.T.B. - Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade	



Photos: Making Applesauce

HARVEST  
**PARTY**  
 FUN FOR THE WHOLE FAMILY  
 AT THE SQUAXIN TRIBAL GARDEN

**PIE CONTEST!**  
 Bring your favorite *homemade* pie for  
 a **SPECTACULAR** prize.

**Squash Seed Spitting Contest**

- Elk Chili
- Zucchini Lasagna
- Rose hip jam
- Mountain Huckleberry Apple Crisp
- And Much More!

**October 8, 2016 11:00 am— 2:00 pm**  
 541 State route 108 Shelton WA, 98584  
 Join us for a meal that features Squaxin Tribal Garden grown produce and traditional foods harvested by tribal members!

**Face Painting**

**Fresh Apple Cider!** Feel free to bring  
 additional apples to press.

**Games**

For additional information please contact Aleta Poste 360-791-1797



Strategic Planning Session:  
Sustainable Food and Traditional Medicine System  
At Squaxin Island  
October 4, 2016  
At  
The Community Kitchen



The Community Garden Program will be working with the First Nations Development Institute: Seeds of Native Health, and John Hendrix Director of Economic Development from the Mississippi Band of Choctaw Indians to hold a planning session with key stakeholders from the Squaxin Island Tribal Businesses and tribal community to gather input and develop the outline for a Long Range Strategic Plan for the Local Sustainable Food and a Traditional Medicine System.

Please join us to contribute your ideas and input for the future of the Squaxin Tribal Garden. Space is limited to 30, so please RSVP.

**October 4 from 12:00-4:00**

Lunch will be served

To RSVP please contact Garden Program Manager Aleta Poste at 360-791-1797

## Fall Back, Not Down

Spring forward, fall back. When fall arrives, Daylight Savings Time ends.

**November 6th is the date to remember to turn your clocks back an hour.**

"Fall" is something most animals do not want to do. Birds have a special talent in this area.

When animals sleep, most of them lay down for their nap, or curl up to sleep. Not birds. They sleep standing up. But how do they get their rest and not fall while asleep?

The deeper the sleep of a bird, the less likely he is to fall. The grip of the bird's claws is controlled by a long tendon that runs along the back of the bird's leg.

The more the tendon stretches, the tighter the claw's grip. As the bird relaxes into deep sleep, the legs bend and the tendon stretches, tightening his grip on the perch.

From Gus, the doggy guy



## Another Successful Dog Vaccination Clinic!!!

The third annual dog vaccination clinic held on September 10th was a huge success with 33 dogs and their owners in attendance. Each pet received, vaccinations for rabies and distemper, deworming treatment and topical flea medicine. All services combined would have cost at least \$75 per dog but instead owners received all services free of charge. This is thanks to support from Rez Animal Resources & Education and the Squaxin Island Tribe, Office of Housing.



Dr. Bob Gilpin of Boulevard Veterinary provided the service to the dogs. He completed a brief medical exam on each dog and talked with owners about any medical concerns or needed follow-up treatment. Pet owners were given free dog food, dog treats and toys. Volunteers and veterinary staff kept very busy as the steady stream of dogs arrived for services. At the end of the day everyone agreed the event was a resounding success. Many pets on the rez are now protected from deadly viruses such as parvo, distemper and rabies.

Remember, pets need to be vaccinated once a year against distemper/parvo and two years in a row for rabies and then every three years thereafter. Flea treatment should be given monthly especially in the summer. Special thanks to Amy Loudermilk and Joyce Bell of Rez Animal Resources & Education (RARE) for continuing to help pets on the rez.

If you need to get your pet (dog or cat) spayed or neutered please contact the Office of Housing for a voucher. With the voucher you will only pay \$5 for the spay/neuter procedure at the veterinary clinic. This is an awesome service that helps control the pet population and also keeps your pet healthy. For more information please contact Rez Animal Resources & Education at (253) 370-6392.



Amy Loudermilk –RARE, Vicki Horton - volunteer, Joyce Bell – RARE, Dr Bob Gilpin – Boulevard Veterinary



## How to Help Your Loved One Move Past Suicidal Thoughts

Squaxin Island Behavioral Health Outpatient Program - Last month our Program published an article in the Klah-Che-Min titled "What to do when someone you love is suicidal." We said that there are two major barriers that keep suicidal people from seeking help: 1) the stigma that suicidality is their fault and 2) that people don't know how to listen to them. We also said that you can help get rid of stigma by telling them that their suicidal thoughts are not their fault, and that you can listen by repeating what you hear them say, and asking questions that require them to keep talking.

**Squaxin Island Tribe Behavioral Health Outpatient Program**  
100 S.E. Whitener Rd. Shelton, WA. 98584  
TEL: 360-426-1582

When a person has suicidal thoughts they don't know why they're having them or how to get them to stop. If you've already helped them to know it's not their fault, and have listened well, your loved one may be more likely to turn to you when they're feeling suicidal. There are two things you can do to help them get through these moments: 1) help them figure out what problem triggered the suicidal thoughts, and 2) help them solve the problem.

People with suicidal thoughts avoid problems without knowing it. They haven't learned how to identify and solve these problems. They may be doing fine one minute, then the next minute face a problem that causes them to suddenly feel like killing themselves. They don't know why they suddenly feel this way. You can help by helping them figure out the problem and then solve it.

First, listen to the entire situation. Keep listening and asking questions until you can repeat it back and understand thoroughly. Avoid asking "why." Instead use "How do you think this came about?"

Help them find the core problem. Check and see if you're right by saying, "It sounds like the core issue may be...does that sound right?" Though they don't know the core issue, once you say it, they usually know right away. Keep trying until you get it right.

Next, brainstorm different ways to approach the problem. Ask, "What do you think you will do about...?" If they don't know, ask them if they've had this problem in the past. If they have, then have they ever addressed it in a way that worked? If yes, encourage them to do it again. If no, help them identify why it didn't work so they don't keep trying to do that same thing again. Give suggestions only after asking if they want them.

Helping your loved one identify problems and solve them will help them strengthen their ability to do it on their own. At first, they may rely a lot on other people to help them problem-solve, but over time they will be able to do it on their own so that suicidal thoughts come less and less frequently. For more information on this topic, watch for next month's article: "How to know if your loved one is suicidal."

The Squaxin Island Behavioral Health Outpatient Program has mental health counselors and a chemical dependency counselor available to help. Call 360-426-1582 to set up an appointment or stop in at 100 SE Whitener Road, Shelton.

## Think 'Where, Who, When' for Weight Loss

Article submitted by Traci Lopeman, Outreach Specialist (from Dr. Oz and Dr. Roizen, MDs)



Try the three Ws — where, with whom, and when — for your winning weight-loss effort.

**Where:** Eating at home is associated with eating less fat and fewer added sugars and syrups. And undistracted mealtimes (no TV or digital devices) create more mindful eating, so you don't overeat.

**With Whom:** Family dinnertimes can reduce the risk of obesity for adults and children. For lunch, eat with folks who are nutrition-minded; it makes smart choices easier.

**When:** Establish an eating schedule. Constant grazing (a formerly advocated eating style) leads to a bigger waist size.

Eat breakfast, and have lunch around the same time daily. Consider trying a five-days-a-month reduced-calorie eating plan.

Eat home-cooked meals, and allow three hours between dinner and bedtime. An erratic eating schedule may mess up your body clock (circadian rhythm) and interfere with appetite control, metabolism of fat, and cholesterol and glucose levels — big risks for obesity and heart disease.

More study is needed to quantify precisely the effects of erratic eating schedules, but we're confident that a calm, orderly eating routine provides big health benefits.

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# HEALTH CLINIC



## Clinic Events

### Cancer Support Group

October 10th

### Mammogram Day

October 27th

### Brief Community Walk

Every Monday at 12:30 p.m.  
Elder's Building after lunch

### Health Promotions

Work out alone, with us  
or schedule a time for a group

### Smart Shopping/ Food Label Workshops

Contact Patty to schedule  
360-432-3929



## Have a Healthy Halloween!



## Looking Forward Together: A Harvest Gathering of Health and Wellness

Are you a **Tribal community member** from Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island who receives or needs health and wellness program services such as Elders, Healthy Family Program participants, WIC Families participants, Tribal TANF families, EFAP and Weatherization clients, Native Women's Wellness Program patients and other reservation-based services?

Are you a **caregiver** for a Tribal member who needs or receives health & wellness services?

Are you a **service provider** to Tribal members?

**Please join in an intertribal gathering to share ideas, resources, needs and lessons to guide future SPIPA consortium-based projects on:**

Wednesday ~ October 26, 2016 ~ 9:30am to 2:30pm  
Community Kitchen at Kamilche (Squaxin Island)

## Child Care & Lunch Provided! Great Giveaways!



Limited registration, call now to save your seat: (360) 426-3990



### South Puget Intertribal Planning Agency

Since They Can't Talk, Babies Cry.  
Babies cry for many reasons. Be a detective to figure out what your baby wants to tell you. Here are some ideas:



Hungry babies will do **many things** to tell you they are hungry. Sometimes they cry, but not always. If babies are crying, but not doing **all of the other things** that mean they are hungry, you should probably **look for something else** to make the baby feel more comfortable.

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| ◆ Bring their hands to their face | ◆ Root                          |
| ◆ Clench their hands              | ◆ Make sucking motions & noises |
| ◆ Flex their arms & legs          |                                 |

Babies cry for **many reasons** other than hunger. They may just want something to be different. Examples include:

- |  |
|--|
| ◆ Too hot or cold  |
| ◆ Lonely or tired  |
| ◆ Upset by too much noise, too many people, or too bright of lights  |
| ◆ Uncomfortable with a wet or dirty diaper, clothes too tight, too much time in the car seat, just needs a break from activity, etc. |

When babies are hungry they:

- Bring their hands to their mouths
- Suck on things
- Make tight fists over their tummies
- Are awake and alert

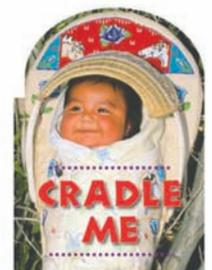
Crying won't always mean your baby is hungry. Babies are hard to understand at first, but it gets easier!

The average 6-week-old baby cries for about 2 hours per day.

Babies cry less & less as they get older.



For more Baby Behavior Info,  
Contact WIC with SPIPA 360.462.3224





## Tobacco Cessation Program News

Bobbie Bush - There were three successful people who quit smoking cigarettes last month. This is a start, but not good enough. Therefore, the American Lung Association's "Freedom from Smoking," curriculum will be offered to Tribal and community members three times a week beginning November 1, 2016. The schedule has been included for you to review and plan your release of nicotine addiction and quit now, if you need or want to quit.

If a person begins the eight week session and follows the curriculum, that person should be tobacco free for the most of the holidays and have a new freedom from smoking lifestyle as the New Year begins.

In addition to the two times a week that the "Freedom from Smoking," curriculum is offered for adults, one day a week will include the "NOT," Not on Tobacco Cessation curriculum for teens. This will be from 3:15 to 4:15 PM on Wednesdays in the Community Kitchen.

Our program is researching incentives for people who successfully quit tobacco and vape pens, please check with Bobbie for more information by email [bbush@squaxin.us](mailto:bbush@squaxin.us) or call 360-432-3933.



<b>Tuesdays</b> After Work Nicotine Release	<b>Wednesdays</b> While at Work Nicotine Release
5 PM to 7 PM Health Promotions Food Bank Building	11:30 AM to 1:30 PM
	<b>"NOT" Not on Tobacco Teen Tobacco Cessation 3:15 to 4:15 Community Kitchen</b>
November 1	November 2
November 8	November 9
November 15	November 16
November 22	November 23
November 29	November 30
December 6	December 7
December 13	December 14
December 20	December 21

*Squaxin Island Tobacco Cessation Program*

## Community Outreach Event and Dinner

**Thursday  
November 17, 2016  
5 PM to 8 PM**

**"Great American Smoke Out"**

**Learn about release of  
Commercial Tobacco and Nicotine  
Addiction, eat good healthy food,  
receive incentives, win a raffle prize.**

**Squaxin Island Community Kitchen**  
*Call Bobbie Bush, 360-432-3933 for more info.*



# HEALTH CLINIC



**Check the chart on the next page for your approximate BMI value. Overweight is defined as a BMI of 25 to 29.9; Obesity is defined as a BMI equal to or greater than 30.**

### Do you know your BMI (Body Mass Index) number?

- There are two ways to determine if someone is overweight or obese. These are body mass index (BMI), and waist circumference. What Does Your BMI Number Mean?
- BMI is a measure of your weight relative to your height. It gives an approximation of total body fat—and that's what increases the risk of diseases that are related to being overweight.
- A waist measurement of more than 35 inches in women and more than 40 inches in men is high. Carrying too much fat around your waist increases your risk for diseases.

### Finding Your Target Weight

- Being overweight or obese increases your risk of developing high blood pressure.
- In fact, your blood pressure rises as your body weight increases.
- Losing even 10 pounds can lower your blood pressure.
- Overweight and obesity are also risk factors for heart disease, diabetes & cancer.

**Lower Your Risk For Heart Disease, Diabetes and Cancer:** If you fall in the obese range according to the guidelines, you are at increased risk for heart disease, diabetes and cancer and need to lose weight.

### Lose weight slowly to be successful in the long run:

- Lose no more than 1/2 pound to 2 pounds a week.
- There's no magic formula for weight loss. You have to eat fewer calories than you use up in daily activities

Sources:  
 •U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, National Institutes of Health  
 •National Heart, Lung, and Blood Institute, National High Blood Pressure Education Program, NIH Publication No. 05-5213, August 2005  
 •U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, National Institutes of Health  
 •National Heart, Lung, and Blood Institute, National High Blood Pressure Education Program, NIH Publication No. 03-5232, May 2003  
 •This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.



### Body Mass Index? (BMI)

A high BMI is associated with disease such as diabetes, heart disease and cancer.

The goal for healthy living is to keep your BMI in the normal range (19-24).

What does your BMI number mean?

Normal	Under-weight	Over-weight	Obese	Severely Obesity
20-24	<19 for women	25-29	30-39	>40
	<20 for men			



# HEALTH CLINIC



## WEIGHT IN POUNDS (lbs)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	33	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	32	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	26	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	25	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	45
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	43	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

**Severly Underweight: < 17.5**

**Optimal: 18.5 - 25**

**Overweight: 25.1 - 30**

**Obese: 30.1 - 40**

**Underweight: 17.5 - 18.4**

**Severly Obese: > 40.1**



# HEALTH CLINIC



## Food Distribution Program



4822 She-Nah-Num Dr., SE  
Olympia, WA

**M**any people have misconceptions about the food offered by the SPIPA Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and in season fruits and produce being offered now than ever before!

**We now have better food options!  
Here is a partial list of what is available.**

### Frozen Meats Fresh Veggies Fresh Fruits

Whole Chicken	Romaine Lettuce	Apricots
Bison/Buffalo	Green Beans	Peaches
Ground Beef	Onions	Pears
Roast Beef	Carrots	Oranges
Chicken Breasts	Celery	Grapefruits
Pork Chops	Cabbage	Lemons
Ham	Broccoli	Apples

### Dry

Dry Beans  
Cereal  
Oatmeal  
Crackers  
Mixed fruit & Nuts  
Roasted Peanuts  
Macaroni and Cheese

### Dairy

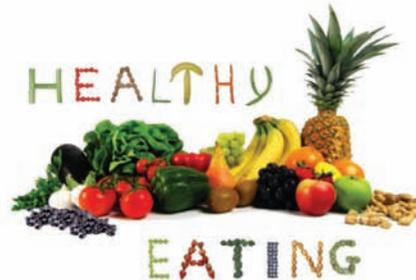
Block Cheese  
Sliced Cheese  
1% Milk  
Butter

### Ingredients

Dry Milk  
Egg Noodles  
Rice  
Spaghetti Noodles  
All-purpose Flour  
Cornmeal  
Bakery Mix

### Canned

Spaghetti Sauce  
Tomato Sauce  
Beans  
Beef Stew  
Soups  
Refried Beans  
Fruit Juices



If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island or Port Gamble S'Klallam Tribes, you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify.

Please call the SPIPA Food Distribution Warehouse at 360-438-4216 Monday - Friday between the hours of 8:00am til 4:00pm and one of our staff will be happy to assist you in applying for this program.

**Serving: the Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble S'Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe.**




**WIC at SPIPA**  
(Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.

**Please bring:**  
Your child, Provider One Card or paystub and Identification for you & your child

**Contact at SPIPA for an appointment:**  
Patty Suskin 360 462-3224  
or  
Debbie Gardipee-Reyes 360 462-3227, gardipee@spipa.org

**Tuesday, Oct 11th is WIC DAY at SPIPA**



## 2016 Intertribal Breast Cancer Awareness Walk

Hosted by Squaxin Island Tribe

**Saturday, October 15, 2016**  
**10am - 2pm**

**Squaxin Island's Community Kitchen**  
50 SE Squaxin Lane, Shelton, WA 98584

Registration will start at 10:00 am  
Opening Prayer 10:30 am  
Walk Begins 10:45 am  
Lunch to follow after the walk



**Cancer Survivor Speaker at 12:45 pm**  
**Honoring Breast Cancer Survivors**  
For questions, please contact your local NWWP Outreach Specialist





## Purchased Referred Care Services Information

(Formerly known as Contract Health Services CHS)

We would like to remind everyone of information that is important for your Purchased Referred Care (PRC) formally known as Contract Health Services (CHS).

If you do not have any medical insurance, it is required by PRC rules that you apply for alternate resources, for us that includes ProviderOne (Medicaid), even if you feel that you would not be eligible. PRC must show proof of acceptance or denial. You can make an appointment with Jaclyn Meyer at the front desk at Squaxin Island Health Clinic and she will help you get signed up with ProviderOne (Apple).

Even though you may already have a Primary Insurance such as Group Health Options, Medicare or First Choice, etc., you can still sign up for ProviderOne and you may be eligible, giving you Double Medical Coverage.

Another issue that has been brought to our attention is co-pays, deductibles, co-insurance and RX payments to Group Health. If you are seen at Group Health for any emergency, pregnancy or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate PRC benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Tootsie at PRC in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

### *Remember to call to get your Purchase Orders.*

- If you are PRC eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a Purchase Order before your appointment.
- If our clinic makes arrangements for an appointment, it is still YOUR responsibility to obtain a Purchase Order.
- All Purchase Orders are for the date of the appointment only.
- If your appointment is Rescheduled or Cancelled, REMEMBER it is YOUR RESPONSIBILITY to call for a new Purchase Order.
- Also, it is wise to call ahead of time instead of on the day of your appointment.

*You can get a Purchase Order from Tootsie by calling 360-432-3922.*

You are always welcome to call Tootsie if you have any questions about how PRC or what the rules and regulations are.

### Outside Clinics Accepting Apple

<p><b><u>Mason General Walk-in</u></b> 939 Mountain View Dr. 432-3298</p> <p><b><u>MGH Shelton Family Medicine</u></b> 939 Mountain View Dr. Suite 100 426-2653</p> <p><b><u>MGH Olympic Physicians</u></b> 237 Professional Way 426-2500</p> <p><b><u>Health Care Center</u></b> 107 N. 8th St. 426-9717</p> <p><b><u>Summit Pacific Medical Center</u></b> 600 E Main St. Elma Wa. 98541 360-346-2222</p>	<p><b><u>Pediatric Multi-care</u></b> 3504 12th Ave. NE 360-252-3801</p> <p><b><u>West Olympia FamilyMed</u></b> 1217 Cooper Pt. Dr. SW ST B 360-486-6710</p> <p><b><u>Westcare Clinic</u></b> 3900 Limited Ln NW 360-357-9392</p> <p><b><u>Tumwater Family Practice</u></b> 150 Dennis St. SW 360-754-6367</p> <p><b><u>Seamar</u></b> 3030 Limited Ln.NW 360-491-1399</p>
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# HEALTH CLINIC



## Our First Diabetes Clinic at Squaxin Island Tribe!

Submitted by Patty Suskin, Diabetes Coordinator - Thank you to all who attended and volunteered to make this event a fun afternoon! Over 10 participants attended the three hour event that included group educational sessions, individual counseling and healthy food demonstrations! The goals of the Diabetes Clinic were both educational and to support one another.

SPIPA comprehensive cancer control program staff provided water infused with fruit in take-home individual water infusers.

After a brief video explaining diabetes, Dr. Ott discussed diabetes complications and answered questions.

### Key points:

- Diabetes is a blood vessel disease, not just blood sugar.
- Complications can be avoided or postponed by keeping blood sugar in line.
- Everyone needs 150 minutes of physical activity a week.
- Move more- get up every 30-90 minutes from your desk.
- Ideally, everyone with diabetes should be seen every 3 months to check in with the clinic staff.

Patty and volunteers prepared some low carb tasty foods with a spiralizer: zucchini slaw, basil pesto with zucchini (instead of pasta) and zucchini and marinara sauce.

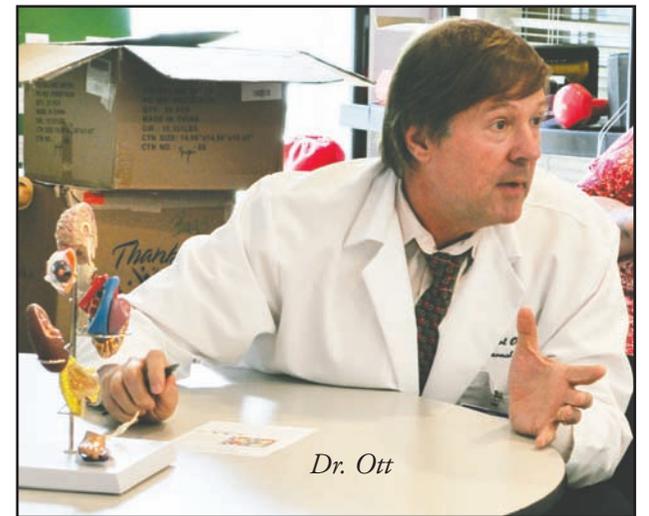
While some of the group enjoyed the Lummi paddling exercise, others rotated to see Dr. Ott, Pam & Patty. Participants left with a colorful insulated grocery bag, a spiralizer, water infuser, and zucchini.

### When asked "what did you like best," participants responded:

- "Seeing all of the others with diabetes."
- "They had good questions and concerns."
- "It was a pleasant atmosphere."
- "Socializing with others with diabetes."
- "All of it! It was informative and open for questions."
- "I found this clinic to be very worthwhile and informative."

Most of the participants said they would like to attend a similar Diabetes Clinic at least once every three months or annually.

For more information about future diabetes clinics and diabetes related events, contact Patty Suskin at: 360-432-3929.



Dr. Ott



**Diabetes Support Group**  
Everyone is welcome—those with Diabetes or not.

**Monday, Nov 7th, 2016**  
12 noon -1 pm  
at Health Promotions Building across from the clinic  
Light lunch served.  
Optional walk at 1 pm

What are your challenges to stay healthy?  
Holiday foods and activities?  
Being active?  
Feeling alone?  
Let's brainstorm ideas together.

**You can Take Charge of your Diabetes & Live a Long, Healthy Life**

Questions? Contact Patty Suskin, Diabetes Coordinator at (360)432-3929





# October Happy Birthdays



1  
Carmen Dee Orsillo  
Donna Penn  
Jess Travis Ehler  
Shirley Marie Monahan

3  
Adam Wade Mowitch  
Joshua G. Smith  
Thailer Budd Vilter Jr.

4  
Lorenzo A. Solano  
Nicole Lee Seymour  
Steven Robert Sigo, Jr.

5  
Beth Ann Robinson  
Lydia Ann Buffington

6  
Jeremiah Micah Schlottmann  
Michael Shawn Todd  
Russell Lane Pleines  
Shiloh Ann Henderson

7  
Michael David Krise  
William Raymond Peters

8  
Alea Lynn Janine Shea  
Audelia Marie Araiza  
Elizabeth Ann Perez  
Theresa J. Davis

9  
Addison Yvette Peters  
Colton Jeffery Gott  
Mathew Anthony Nelson  
Ronald Day, Jr.

10  
Christina Smith Claridy  
Ernest Leonard Pluff Jr.  
Kade Benavente Whitener  
Owen David Dorland  
Susan Ann Clementson

11  
Dontae O. Hartwell  
Michael Alan Peters

12  
Larry Douglas, Mc Farlane, Jr.  
Sharen I. Ahrens

13  
Jericho Lon Hartwell  
Julian Sorin Hawk Masoner  
Steven Robert Sigo

14  
Savannah R. Fenton

16  
Bobbi L. Filipetti  
Leo Eugene Henry Jr.  
Troy Tye Baxter

17  
Charles Ormond Lacefield  
Kelly Leanne Davis  
Mitchell Elliot Coxwell  
Ruth Branch James  
Wilson Charles Johns

18  
Christina E. Price  
Clara Rose Seymour-Luby  
Danielle Charlene Whitener  
Micha Frankie - James Roberts  
Shanika Rose D. Cooper

19  
Christine Thompson  
Trelace' Rose Sigo

20  
Jacey Cruz Gonzales  
Michael Sheldon Henderson, Jr.

21  
Bear Jon Lewis  
Draven Brown  
Giovanni Xavier Solano  
Leroy Yocash Jr.  
Sean Robert Spezza

22  
Anthony Raymond James  
Danielle Lyne White  
Peter William Kruger Sr.

23  
Erik Jason Johnson

24  
Daren David Brownfield  
Marjorie S Hill  
Roger Allen Turner Ford  
Rolayno Jay Charters  
Rose Ann Davis

25  
Cloe' Angeliqye Martin  
Donna Jean Baker  
Erika Ada Poste

26  
Kasia Lee Seymour  
Lisa Marie James  
Selah George Thale

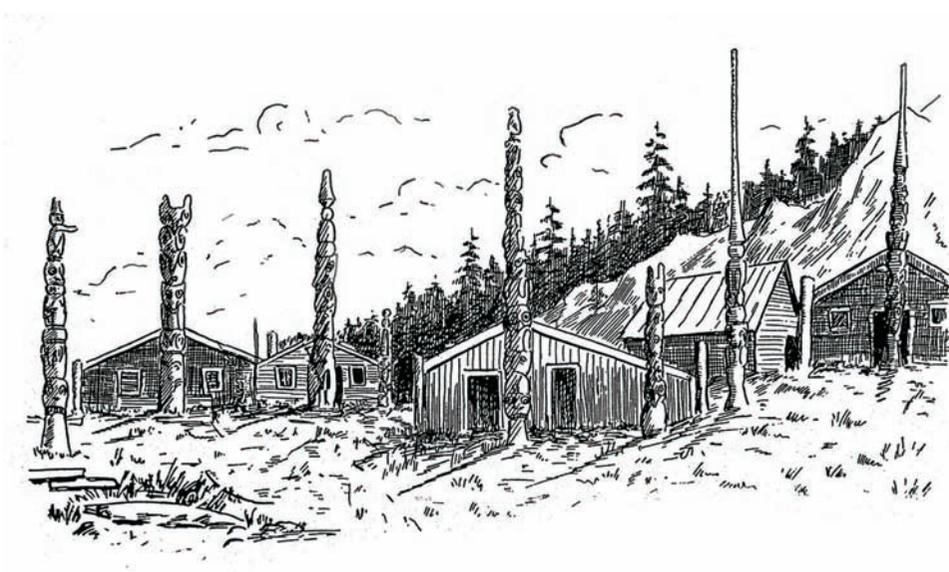
27  
Dione L. Johnston  
Ellen M. Davenport  
Grace A. Scout  
Mario Lee Rivera

28  
Andrew Stephen Crone

29  
Adrian James Garcia  
Arthur Barragan  
John Edward Krise  
Mariano C. Bello  
Marvin Stanley Henry, III  
Ronnie Patrick Johns  
Zackary Taylor Sayers

30  
Carie Ann Kenyon  
Tori Anne Willis

31  
Hayden Joseph Seymour  
Marvin Stanley Henry, Jr.  
Sam Emilio Luby  
Tanya Gaylene Anderson  
Tarvail Roy Garcia  
Wilma Moneaka Morris





# COMMUNITY



## Committees Commissions & Boards With Infrequent Meeting Times

### Committee and Commissions

1% Committee (Bylaws & Appendix X2)  
 Elections Committee  
 Explorers Program Committee  
 Fireworks Committee (TC 6.04.040)  
 Gathering Committee  
 Law Enforcement Committee, Law and Order  
 Veterans' Committee  
 Budget Commission  
 Business Administration Board (TC 6.24.010)  
 Little Creek Oversight Board (TC 2.26.010)  
 Museum Library and Research Board  
 Tourism Board (TC 2.34.010)  
 Island Enterprises Board

### Council Rep.

Arnold Cooper, Vince Henry, Vicki Kruger  
 None  
 Jim Peters  
 None  
 Charlene Krise  
 None  
 None  
 Vicki Kruger  
 None  
 Arnold Cooper, Vicki Kruger, Charlene Krise  
 David Lopeman  
 Arnold Cooper  
 David Lopeman

### Staff Rep.

Kris Peters  
 Tammy Ford  
 Rene Klusman  
  
 Rhonda Foster  
 Kevin Lyon  
 Glen Parker  
 Kris Peters  
 Travis Nabahe, IEI  
 David Lopeman  
 Charlene Krise  
 Leslie Johnson  
 Travis Nabahe

### Months

Feb., May, Aug., Nov.  
 March, April, May  
  
 May and June  
 Not yet determined  
 Not currently meeting  
  
 June and August  
 As needed  
  
 Sept., Dec., March, June

If you are interested in an opportunity to meet with a Committee, Commission or Board please contact the staff representative to be placed on the agenda and for meeting time and location. Every spring Tribal Council considers vacancies for the Committee, Commission and Boards. If you are interested in becoming a member please submit your written request to: Melissa Puhn, Executive Secretary for Tribal Council | mpuhn@squaxin.us | 10 SE Squaxin Lane, Shelton WA 98584.

## What's Happening

 <p>Drum Group every Tuesday AA &amp; ALANON every Wednesday</p>						1
2	3	4	5	6	7	8
<i>OysterFest</i>	<i>Chairman's Challenge Golf Tournament</i>	<i>Community Garden Planning Session</i>	Elders Committee	Utilities Commission Family Court	Housing Commission	<i>Harvest Party Community Garden</i>
9	10	Hunting Committee Enrollment Committee Criminal/Civil Court	12 Golf Advisory Committee	13 <i>Tribal Council</i>	14 SPIPA Board of Directors Education Commission	15 <i>Breast Cancer Awareness Walk</i>
16	17	18 <i>Safe Streets</i>	19 Gaming Commission	20	21	22
23/30	24/31	25 Criminal/Civil Court Tobacco Board of Directors	26 <i>SPIPA Harvest Gathering of Health &amp; Wellness</i>	27 <i>Tribal Council</i>	28 <i>TLC Halloween Party</i>	29 <i>LCCR Halloween Party</i>



# COMMUNITY



## Elders Menu . . . Fruit and salad at every meal

### 3rd - 6th

MONDAY:  
Spaghetti, garlic toast, corn

TUESDAY:  
Clam chowder, fry bread

WEDNESDAY:  
Chicken breast and stuffing,  
green beans

THURSDAY:  
BBQ Country pork ribs,  
potatoes, coleslaw

### 10th - 13th

MONDAY:  
Beef stroganoff,  
broccoli & carrots

TUESDAY:  
Homemade chili, corn bread

WEDNESDAY:  
Taco Pie

THURSDAY:  
Roasted chicken quarters, rice,  
corn on the cob

### 17th - 20th

MONDAY:  
Chicken enchiladas, Spanish  
rice, refried black beans

TUESDAY:  
Hamburger soup, rolls

WEDNESDAY:  
Geoduck fritters, broccoli,  
rice pilaf

THURSDAY:  
Casino Night

### 24th - 27th

MONDAY:  
Indian Tacos, tapioca pudding

TUESDAY:  
Chicken noodle soup,  
egg salad sandwiches

WEDNESDAY:  
Hot turkey sandwiches, mashed  
potatoes and gravy, veggies

THURSDAY:  
Salmon, fried oysters, roasted  
red potatoes, steamed spinach

### 31st

MONDAY:  
Baked hamburgers, macaroni  
salad, baked beans,

**Help Protect  
Our Kids, Families  
and the Environment**



**Clean Out Your  
Medicine Cabinet**

**Prescription Drug  
Take Back Boxes**

Located At:

**Mason County Sheriff's Office**  
322 North 3rd Street in Shelton

&

**Mason Regional Fire Authority**  
460 Northeast Old Belfair Highway in Belfair

For More Information Call Mason County  
Public Health & Human Services  
**360-427-9670 ext. 400**







## Committees and Commissions Listed on Calendar

### Committee and Commissions

Aquatics Committee  
Elders Committee  
Enrollment Committee  
Fish Committee  
Golf Advisory Committee  
Hunting Committee  
Shellfish Committee  
Education Commission  
Gaming Commission (TC 6.08.090)  
Housing Commission  
Child Care Board of Directors  
Tobacco Board of Directors  
Utilities Commission (TC 11.08.010)  
SPIPA Board of Directors

### Council Rep.

Arnold Cooper  
Whitney Jones  
Charlene Krise  
Vicki Kruger  
Jim Peters  
Arnold Cooper  
Vince Henry  
Jim Peters  
Per Tribal Code None  
Arnold Cooper  
Vicki Kruger & Charlene Krise  
Jim Peters  
None  
Arnold Cooper

### Staff Rep.

Jeff Dickison  
Elizabeth Heredia  
Tammy Ford  
Joseph Peters  
Kris Peters  
Joseph Peters  
Eric Sparkman  
Gordon James  
BJ Whitener  
Richard Wells  
Bert Miller  
Ray Peters  
Teresa Wright  
Kathy Block

### Meetings

2nd Wednesday in Feb., May, Aug., Nov.  
1st Wednesday or Thursday  
2nd Tuesday  
2nd Wednesday in March, June  
2nd Wednesday or Thursday  
2nd Tuesday of July, Oct., Jan., April  
1st Wednesday of March, June, Sept., Dec.  
2nd Friday  
3rd Wednesday  
1st Friday  
2nd Monday  
4th Tuesday  
1st Thursday  
2nd Friday





FACTORY OUTLET STORE

## SQUAXIN ISLAND TRIBAL MEMBERS

The FACTORY OUTLET STORE now offers:

# \$10.00 DISCOUNTS EVERY CARTON EVERY DAY!

We will continue to run our "SPECIALS" several times thru out the year

Watch for them in the **Kia-Che-Min** and **DAILY SCOOP**

Hours: M - F 9 AM - 3 PM

**MUST SHOW TRIBAL MEMBERSHIP CARD**

# Happy Halloween



## ANNOUNCEMENT

Family Services has taken over the food bank contact is Vicky Engel 432-3914.

**Where:** located across from the clinic

**When:** every Friday

**Time:** 8 to 12 and 1-3pm



**NOW ON FRIDAYS!**  
**OCTOBER 14 | OPEN @6PM**  
**EARLY BIRDS @8PM | SESSION @8:30PM**

# BINGO

# DAUBIN IN THE DARK

OVER  
**\$7,900**  
 IN PAYOUTS

\$400 payouts for 4-ons | \$500 payouts for 6-ons  
**\$1,199 black out**  
 with a \$500 lead up. Buy-in is \$50

Cocktail SPECIALS  
 Ages 21 and over only.

LITTLE CREEK CASINO • RESORT.  
 LITTLECREEK.com

Live DJ Spinning at 7:30pm

# BINGO

**Thursday • October 13<sup>th</sup>**  
 Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday • October 14<sup>th</sup>** Daubin' in the Dark Black Light Bingo  
 Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • October 15<sup>th</sup>**  
 Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • October 16<sup>th</sup>**  
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Halloween Jack-O-Lantern drawings during each session with  
**\$25/\$50/\$100 inside**

Wear Halloween attire and receive  
 a free Level 1(3-on) with initial buy in  
 Regular sessions only

LITTLE CREEK CASINO • RESORT.  
 LITTLECREEK.com

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details.  
 \$79 room rates during bingo sessions! \*Ages 21 and over only for 8:30pm session  
 Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.  
 Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials